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FREE MAGAZINE

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Healthy homes the new green

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***Reference:** Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.*

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# Has Nuclear Power Brought us Happiness?

## Documentary film marks Fukushima 5th Anniversary

Five years after a massive earthquake brought catastrophe to the Tokyo Electric Fukushima No.1 nuclear power plant, the difficult and slow clean up of radio active contamination continues – on land and in the ocean – on Japan's east coast.

*Nuclear Japan*, a documentary film directed by Hiroyuki Kawai, a 70-year-old lawyer, follows the accident's aftermath, and examines the now very heated issue of nuclear power in Japan. *It* begins hours after the quake as a fire brigade desperately searches for people swept away by the disastrous tsunami. However, almost immediately, there are questions about radioactive material escaping from Fukushima. The Japanese government swiftly declares the area within 10 km of the crippled reactor an evacuation zone. As a result, the fire brigade is forced to give up the search…

A month later, the search for missing persons resumes, and more than 180 bodies are found along the shores of Namie Township. If it weren't for the nuclear accident, most of those lives taken by the tsunami could have been saved.

Director Hiroyuki Kawai has been fighting legal battles to halt nuclear power in Japan for over 20 years, and that fight was invigorated by the crisis at Fukushima.

His documentary features interviews with experts and reveals the immense pain of the people who suffered from the disaster. As the ultimate nuclear power documentary, *Nuclear Japan* takes the viewer through all the issues of nuclear power in a factual, objective way. Ultimately, it is a journey of hope.

"Nuclear accidents strike at the very foundation of our lives. Economics, culture, art, education, justice…everything is turned on its head.

"Ignorance of nuclear power's dangers renders every enterprise meaningless, even irresponsible. We have come to realize this. What matters now is what we will do about it."

– Hiroyuki Kawai, Director, *Nuclear Japan*

**FILM SCREENING**

**Nuclear Japan**

**Has nuclear power brought us happiness?**

Lawyer / filmmaker Hiroyuki Kawai states, "To share the idea of nuclear zero nationwide, we need a movie."

**March 9** **Dept. of Asian Studies**
**1871 West Mall, UBC**

**12-2pm** (CK Choi Conference Rm 102) Presentation & Q&A: 1) "Manga as Protest: Fukushima and the Oishinbo Nosebleed Issue." with Professor Nori Fujimoto 2) "Onagawa Youth Recover Their Local Community."
**4-6pm** (Asian Centre): Screening of *Nuclear Japan* plus Q&A with Professor Nori Fujimoto, Fukushima University and President Fumi Mano, Fukushima C.C.
**6-7pm** Reception (Asian Centre).

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# common ground

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## features

### FEATURES

3 **Has nuclear power brought us happiness?**

6 **World Water Day**
Council of Canadians, Sonia Furstenau, Waters, Sophika Kostyniuk, Salish Sea Marine Sanctuary

7 **Five-day food cleanse**
Helen Papaconstantinos

8 **Healthy buildings the new green**
Bruce Mason

9 **Heavy metal detox**
Christina Sarich

12 **Big Data's spying on our doctors**
Alan Cassels

21 **ISIS is Saudi Arabia**

Cover photo: Ian McAllister / Pacific Wild

## in every issue

### CULTURE

13 Primal Mind Primal Games
**READIT!**
Bruce Mason

16 StingRays breach cell phone privacy
**INDEPENDENT MEDIA**
Laura Tribe

### ENVIRONMENT

17 Time to protect the Great Bear grizzlies
**SCIENCE MATTERS**
David Suzuki

### HEALTH

10 The food fairy
**NUTRISPEAK**
Vesanto Melina

### PSYCHOLOGY

15 Assertion or aggression?
**UNIVERSE WITHIN**
Gwen Randall-Young

14 STAR WISE

18 RESOURCE DIRECTORY

22 EVENTS

23 CLASSIFIED

In 1992, the UN designated March 22 as World Water Day. All forms of life depend on water for survival; today, more than half of humanity suffers from severe water shortages. Consider this over your morning coffee, which took 15 litres of water to produce: climate change is impacting oceans, lakes, rivers, groundwater, glaciers, permafrost and wetlands, debunking the notion of Canada's limitless water. Unless we get a grip on stewarding our most precious resource, we'll be in unimaginable trouble. Water gluttons, second only to the US, we use 335 litres per day, more than doubling Europe's consumption. Our demand has grown 25 percent in two decades, while dropping in all other developed countries. Internationally, more then one billion people survive on five litres per day, less than we use to flush a toilet, including low-flush. Stories like Flint, Michigan, are more common, but every day 1,000+ Canadians are at the effect of boil-water advisories. And two-thirds of all Canadian First Nation communities have been under at least one drinking water advisory at some time in the last ten years.

Celebrate water and cherish it and, most importantly, conserve it and fight against water abuse.

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March 22

# World Water Day

## Think global, drink local

photo © Radekwojnar

### You can make a difference

To mark World Water Day, the Council of Canadians is encouraging everyone to take action for water in their community. There are few things more important than clean, safe water, but the lack of federal government legislation, damaging and polluting industries and water privatization efforts are putting our water sources at risk.

You can make a difference. The fight to reclaim water as a commons – a public resource available to all – is happening now. Across Canada, people are working together to get protections put back on lakes and rivers in Canada; they are fighting massive projects such as pipelines and fracking that endanger waterways and they are standing up for public water in their communities.

Join us and help protect water by organizing or participating in World Water Day events in your community. Let us know what you are doing so we can highlight it on our website. E-mail your event details to webmaster@canadians.org and don't forget to check out our water publications, which you can use to help inform people and raise awareness.

Source: The Council of Canadians, http://canadians.org/worldwaterday

### Save Shawnigan water

Shawnigan Lake is located on Vancouver Island, approximately 48 kilometres north of Victoria. Three years ago, the people of Shawnigan Lake were informed of a proposed plan to turn a quarry, located on Stebbings road at the top end of the Shawnigan watershed, into a contaminated soil site.

The proposal would allow South Island Aggregates (SIA), a gravel company, to bring in 100,000 tonnes of contaminated soil each year for 50 years and dump it on their site, while still operating as an active quarry. The contaminants listed in the permit include dioxins, furans, phenols, hydrocarbons, arsenic, lead, chlorides and a myriad other toxins and chemicals known to be harmful to human health.

The people of Shawnigan have been united and vocal in their resistance to this plan, but their opposition has been consistently and steadfastly ignored.

The Environmental Appeal Board hearings lasted 32 days and a significant volume of evidence was presented from experts, including geologists, hydro-geologists, engineers and a water treatment specialist. The experts agreed the information presented by SIA's engineers, Active Earth, was inaccurate, insufficient and, at times, misleading. One expert, on the record, commented, "This is crazy."

The Environmental Appeal Board – despite the lack of testimony from Active Earth and the numerous errors and flaws in Active Earth's Technical Assessment Report – chose to uphold this permit. The people of Shawnigan Lake do not accept this decision with its risk and will continue to fight until the permit is revoked. The Provincial Cabinet has the jurisdiction to overturn this permit and protect the drinking water of 12,000 people. They must do the right thing.

Sign the Save Shawnigan Water petition at http://soniafurstenau.ca/save-shawnigan-water/

Source: http://soniafurstenau.ca Sonia Furstenau is the Shawnigan Lake Area Director.

### Salish Sea Marine Sanctuary & Coastal Trail

**North America's First Bioregional Marine Sanctuary**

It's time for a new paradigm. The time has come for the people and governments of Coast Salish Nations, British Columbia and Washington State to come together in unprecedented, unified action to protect and restore the Salish Sea Marine Sanctuary. By working together, and accomplishing the core objective, we will protect and restore this rare paradise we have been given. The core objective is to restore natural animal populations throughout our bioregion to more than 50% of historic levels as soon as possible.

By doing what is necessary to accomplish the core objective, we, and future generations throughout the Salish Sea Marine Sanctuary, will freely enjoy an abundance of pure water to drink, clean air to breathe, healthy, natural foods to eat, old growth forests and an abundant diversity of land and sea animals.

Join the movement, spread the word and take action at http://www.salishsea.org/contact

Source: www.salishsea.org

### Our Living Waters

Our Living Waters is about amplifying the influence and impact of the many, diverse organizations – from foundations and companies to cottage associations and environmental groups to indigenous communities and fishing clubs – that comprise Canada's water community.

Our Living Waters has developed into an open platform for positive change that is driving collaboration, strengthening networks, uniting voices and providing a common basis to mark and measure progress toward the audacious goal at the heart of it all: all waters in Canada in good health.

Source: www.ourlivingwaters.ca

### Join the Blue Dot Campaign

**by Sophika Kostyniuk**

Because of Blue Dot supporters, more than 110 municipalities have passed environmental rights declarations. When we started this campaign, we aimed to pass five declarations in the first year. We never imagined this movement would ignite so quickly, right across the country.

Please help us continue to build on this incredible momentum. Join us March 22 for World Water Day when we'll come together to call on the federal government to recognize one of our critical environ- *continued p.13...*

# Rejuvenate AND renew

## Put a spring in your step. Try a 5-day food-based cleanse

by Helen Papaconstantinos

photo © Foodmaniac

Spring and summer are ideal times to let in light and let go of our old diet and self-defeating habits.

Why not try detoxifying with real, living, nutrient dense foods? A real food cleanse can last anywhere from three to 21 days and uses juices, smoothies and pureed vegetable soups. All of these foods are easy on the digestive system and nourish the body with antioxidants and phytonutrients (nutrients from colourful plant-based sources). Even if you do not wish to puree your food, going on a clean diet has many benefits. Fresh plants are rooted in nature, literally, and they have natural energy, which is passed on to you.

By making the switch from eating a Standard American Diet (SAD) to eating high-fibre and nutrient-dense foods, you will give your body the opportunity to "Rest and Digest." This sounds like a modest goal, but it really is the key to good health. It is also the very basis of holistic nutrition, which places strong emphasis on digestive health.

For your cleanse, try a five-day period from Monday to Friday. Weekends are not always conducive to undertaking dietary changes. If following the recommendations properly, you should not feel hungry or deprived while "eating clean," especially if you are choosing low glycemic-load and high-fibre foods, which fill you up and keep your blood sugars stable. But first…

### What is detoxification?

Detoxification is about "opening all the doors" of elimination. All of the channels of elimination (kidneys, skin, intestines, blood, lymph and perspiration) must be opened before you start detoxifying the liver. Otherwise, your liver will feel overburdened and you will start to experience headaches and malaise (signs of a healing crisis). Your skin is your largest detoxification organ, thus remember to rub your skin with a dry brush or a stiff towel before getting in the shower to stimulate your circulation and help you to detox further. Detoxification does not mean fasting. Most people do not have the proper blood sugar control to fast and end up feeling dizzy, hungry and may even find it difficult to participate in everyday activities.

*continued p.9…*


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# Green goes indoors

## A healthy home saves more than money

by Bruce Mason

As you read this, take a look around you. The floor beneath your feet may be off-gassing formaldehyde. The carpet may be emitting other volatile organic compounds (VOC's) that irritate the throat and cause headaches. You might have limited access to fresh air. Your chair (or couch) was probably treated with flame-retardants, linked to loss of memory and fertility. Your walls might be covered with toxic paint. You might have harsh, ubiquitous cleaning products in your cupboards. And there might be hidden mold.

**More of the places where we live, work and learn will begin to actively and intentionally protect and restore our health.**

You get the picture and it's not pretty. If you want to live a healthy life, be aware you will likely spend 90 percent (on average) of it inside buildings. Identifying the threats to your and your family's health is essential. Almost every product you use indoors contains chemicals that manufacturers don't completely understand, with health impacts that haven't been fully studied.

Good news! The world has its first building standard focusing on human health and wellness. The WELL Building Standard® (WELL) combines best design and construction practices with evidence-based medical and scientific research. Seven years in the making, WELL is the culmination of research and the partnership of leading scientists, doctors, architects and wellness experts. It sets performance requirements in seven categories – air, water, nourishment, light, fitness, comfort and mind – to enable built environments to improve nutrition, exercise, mood and sleep patterns in 100 categories. More than 20-million-square-feet of real estate in 12 countries, across five continents, have been WELL certified. And it has now been embraced by the US Green Building Council (USGBC), the Green Business Certification Inc. (GBCI) and the Canada Green Building Council.

Rick Fedrizzi, USGBC's CEO explains, "In 2016, erecting sustainable, profitable green buildings will no longer be enough to stand out. Buildings will also be expected to directly contribute to the health and well-being of the people who live, work and learn inside them. For buildings, healthy will become the new green."

Back in 1984, a World Health Organization report gave rise to the "Sick Building Syndrome." It described acute health and comfort effects linked to time spent in buildings, from flaws in heating, ventilating and air-conditioning, contaminants from building materials, VOC's, radon, molds, ozone by-products of office machinery, cleaning products, lack of adequate fresh-air intake/air infiltration, fuel combustion, pesticides and a host of wide ranging issues and problems. Now, fewer buildings are as "sick" and many are not only feeling better, but they are also increasingly efficient and sustainable.

The California Environmental Protection Agency's Air Resources Board recently found that 67% of new homes in that state don't meet its minimum standard for air changes. Not enough folks open their windows or run kitchen exhaust fans to adequately ventilate homes. As well, "nearly all homes had formaldehyde concentrations that exceeded guidelines for cancer and chronic irritation, while 59% exceeded guidelines for acute irritation."

**Almost every product you use indoors contains chemicals that manufacturers don't completely understand, with health impacts that haven't been fully studied.**

Meanwhile, Harvard's Center for Health and the Global Environment has found that air quality affects our quality of thinking. Exposure to common indoor pollutants, such as carbon dioxide and VOCs – found in everything from paint to carpets – affects cognitive functions. Average test scores decreased as CO2 levels increased to levels commonly observed in many indoor environments. Improved ventilation doubled participant performance, especially in critical areas such as crisis response, strategy and information usage.

In green, efficient buildings – built to be as airtight as possible – the focus was on energy usage, water efficiency and lower utility bills. While energy has been cheap and saving money has previously been a poor sales pitch, the worldwide awareness of sustainability, for the sake of the planet, has put most humans squarely in the ecosystem equation, along with flora, fauna and fellow creatures.

There is no better place to start, no better frontline, than buildings where we spend most of our time. And buildings will no longer be considered green if they merely do less harm. More of the places where we live, work and learn will begin to actively and intentionally protect and restore our health.

Fedrizzi says, "Green buildings are healthier for their inhabitants, but until now we didn't have an aggressive system that looked at wellness and the human condition from a completely separate lens. The WELL rating system will bring a better understanding of what it means to be healthy – and the ability to achieve wellness through technology and design – to the front burner."

You will hear much more about how sustainable buildings are going from being green, to being good for you. Finally, we are beginning to focus on the real role of buildings: to keep us healthy, happy, safe and comfortable.

An efficient house will have to be a healthy house, beginning right now, in 2016. And while it's difficult to measure if fresh food is available, if there are opportunities to exercise and if your house is making you crazy, WELL does it by re-certifying every three years, checking the contents of the fridge and the mileage on the treadmill, etc.

Energy is now just one input, a variable; the fact that a comfortable building will use a lot less is a happy coincidence. But, as you well know, wellness is all the talk and thinking, from Oprah and Gwyneth Paltrow to the yoga boom. It's big business and rightly so.

Proof that a light has been switched on all over the word and wellness is more than a touchy-feely fad, is GE's new C-Sleep bulb. For years, governments and greens have pushed the economic benefits of compact fluorescent bulbs even though they rendered colour terribly and made everything drab and blue. Study after study shows that the colour of light influences sleep – that night-time light exposure can suppress the production of melatonin, which is secreted by the pineal gland. This suppression, in turn, hinders our ability to fall asleep and wake on a regular schedule. This new bulb is designed around our circadian rhythms – orange in the evening to lull you to sleep and blue in the morning when you need it.

This new light bulb is coming soon to a store near you. To learn more, search for the WELL Building Standard. And if you have a product or service that promotes wellness, *Common Ground* wants to hear from you. Email: brucemason@shaw.ca

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...***Rejuvenate*** *from p.7*

Undertaking a real food cleanse carries less chance of triggering a healing crisis. This basically means your body is able to safely detoxify toxins. When that happens, the body tries to help detoxification along by bringing on diarrhea, headaches and inflammation. As your body lets go of toxic waste, and your cells become cleaner, it becomes easier to recognize a hidden reaction to gluten, dairy, soy or any of the other common food allergies. When you are feeling sick and tired all the time, it is harder to listen to what your body is trying to tell you.

People who consume large amounts of caffeine, alcohol and sugar (or who have multiple food allergies) may experience some malaise when they first make the switch from a Standard American Diet (SAD) to a whole-foods cleanse. Symptoms of withdrawal (headaches, cravings, fatigue) usually disappear after three to four days. It is best to slowly reduce your intake of caffeine, alcohol, sugar, white flour and over-the-counter medications (as directed by your physician) a week or two before you start your program.

**How to prepare for a cleanse?**

Your first step is to put in place optimal conditions for detoxification. Therefore, find a time when your stress-load is not as high and make sure that you have stocked the refrigerator and pantry with fresh, alkaline-forming foods. Of course, get rid of any prepared and processed foods in the house before you attempt a cleanse. There is no sense in having a protein bar (yes, that constitutes a prepared food!) in your pantry as you attempt a cleanse.

**What should I eat?**

Eat a whole-foods diet. Digestion takes work and slows down other functions in the body, such as detoxification. As digestion work eases, there is a point at which the body receives a signal to enter intense *continued p.21...*

# Heavy metal detox
## with cilantro and chlorella

**By Christina Sarich**

There are many heavy metals that people are exposed to regularly without realizing it. Mercury, cadmium and aluminium, among others, are able to imbed themselves into our central nervous systems and bones, bioaccumulating for years until we start to suffer acute health problems from heavy metal poisoning. Fortunately, there is a simple one-two combination that helps to chelate heavy metals so they are no longer circulating in the body: cilantro and chlorella.

Chelating agents are those that bind to heavy metal toxin ions and are then removed from the body through our regular excretory channels. Pharmaceuticals like 2,3-dimercaprol have long been the mainstay of chelation therapy for lead or arsenic poisoning, but they have serious side effects. The simple and proper dose of cilantro (Chinese parsley) and chlorella, however, is a powerful chelator for numerous heavy metals.

Cilantro is best used in conjunction with chlorella because [according to Dr. George Georgiou] it "mobilizes more toxins than it can carry out of the body; it may flood the connective tissue (where the nerves reside) with metals that were previously stored in safer hiding places." This can cause retoxificaiton if another binding agent isn't used. People who have eaten large salads daily full of cilantro have experienced this effect – moodiness, terrible acne, joint pain and more. While they were mobilizing heavy metals, they weren't all excreted from the body fast enough, which meant they were detoxing and toxifying themselves at the same time.

Simply by adding chlorella – an intestinal absorbing agent – the retoxificaiton of the system is prohibited. Clinical studies completed recently proved that heavy metal chelation [using cilantro and chlorella] can naturally *continued p.11...*

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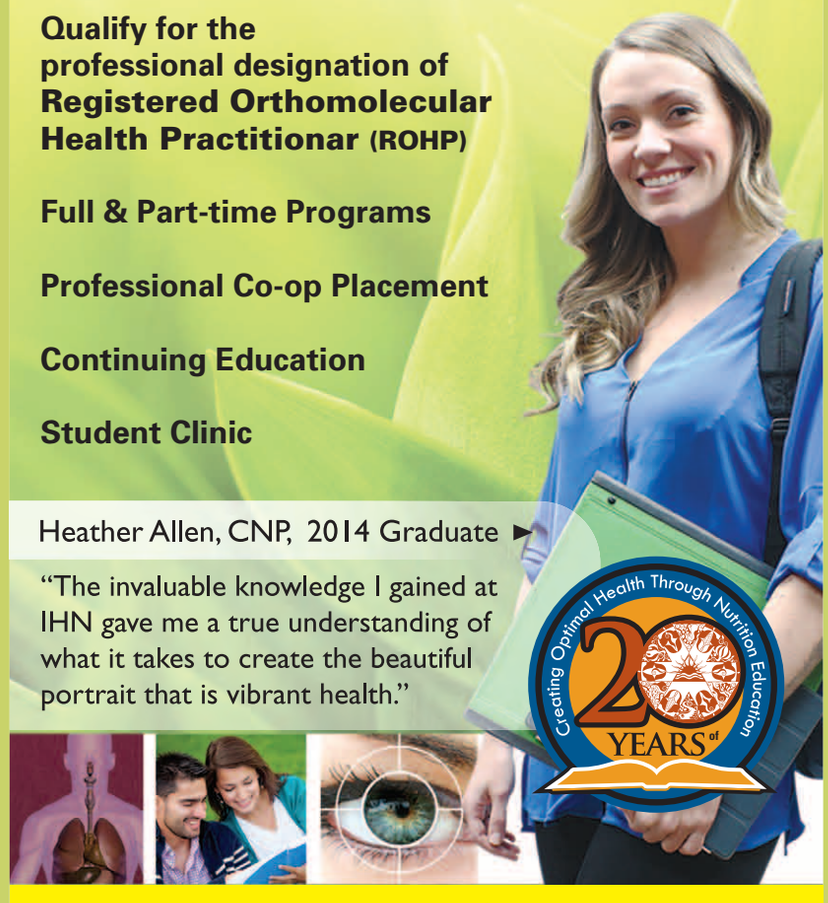

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# The food fairy

"Because I said so" is not always the most effective answer when a child asks "Why can't I have candies for dinner?".

I know a little girl who is obsessed with candy; it is ironic, given her mother is a dietitian. "What have I done to deserve such a fussy daughter?" she would lament, confiding that Amelie would ask for candy for snacks and for breakfast, lunch and supper. At 3-½, Amelie wrote a grocery list for her mother, listing only a single item: candy. In contrast, her brother would eat anything and everything.

As a dietitian, Amelie's mom is well aware of the importance of feeding her family healthy foods. And while she knows *she* is responsible for what is served at meals, she also learned that "Because I said so" is not always the most effective answer when a child asks, "Why can't I have candies for dinner?" The old guideline of "Parents decide what is served; children decide how much to eat" may not suffice. Children sometimes need explanations. So what is a parent to do to get their child to eat – and hopefully like – vegetables?

As we discussed the situation, we recalled it could take 10 exposures to a new food for a child to decide to try it. Then, it could take just as long for that child to like it. Thus, a parent's role is to simply keep offering a variety of healthy foods, including vegetables, without falling into power struggles and, of course, to clearly show enjoyment at eating those same foods.

In the end, this mom found her path to success by inventing a story she told to her daughter. She used the metaphor of building a house to explain why candies were not served for dinner. The building materials of the house are the food groups. Milk products and dairy alternatives form the home's framework or structure. Meats and alternatives are the bricks. Grains provide both energy and tools for the builders, whereas Fruits and Vegetables are lasers for the Pilot Elves to shoot from their planes and scare away the Mayhem Monkeys, which represent diseases. All food groups have important roles in building the house.

Amelie became quite attached to the story's main character, Lucie, a little girl who, like her, only wanted to eat candies. Like Amelie, Lucie likes to be healthy and energetic. The concepts of "good" or "bad" were not part of the story, as these terms could tint the eating experience and create eating problems in the long term. Teaching a child to follow his or her hunger cues, while finding healthy foods that will satisfy, is key in developing healthy eating habits. When

Amelie's mom saw her daughter's eyes light up, she realized they were on to something. So a story was written for parents who also struggle at meal times. The story can help parents explain why they are not making a marshmallow stew tonight or tomorrow night. Amelie still asks for candies, but not so frequently. Parenting, after all, is a process.

The mother's dietetic background helped make her story scientifically correct while her experience as a parent helped form a story that is interesting and fun. Her beautifully illustrated book is called *Stargold the Food Fairy.* It is available on amazon.com or at www.stargoldthefoodfairy.com

**April 3, 2pm:** Vesanto Melina co-presents "Dairy Free Living" at Vancouver Central Library, 350 W. Georgia, Alma Van Dusen Room. Register at http://tinyurl.com/dairyfreeliving

**Vesanto Melina** is a Vancouver dietitian, author and consultant. www.nutrispeak.com, 604-882-6782. Surrey-based **Claudia Lemay** is a registered dietitian with a special interest in developing materials that inspire children to eat well. She is working on a second nutrition book for children.

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10:00 – 11:30 am Nutritional Symptomatology
Busy, Stressed and Tired - The Slippery Slope to Adrenal Fatigue
With Carmen Dunn, BComm, CNP

12:00 – 1:30 pm Preventative Health Care
Optimal Cardiovascular Health Through Nutrition
With Steve Julien, BEng, CNP, CDPAT

2:00 – 3:30 pm Fitness and Sports Nutrition
The 80:20 Rule: Why Nutrition is More Important than Training
With Rachel Greenwood, BSc, MSc, CNP

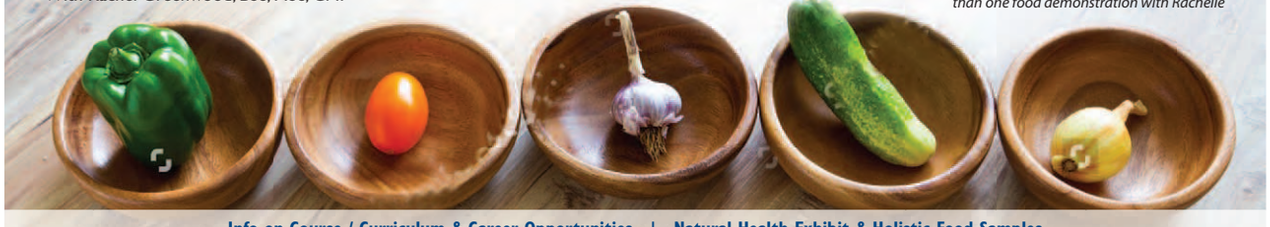
Food Demonstrations with Rachelle Girardin, CNP

10:45 – 11:30 am
**Food Demo One:** Sweet Breakfast

12:45 – 1:30 pm
**Food Demo Two:** Savoury Lunch

2:45 – 3:30 pm
**Food Demo Three:** Sweet Dessert

*Requesting a $5 donation for anyone who attends any more than one food demonstration with Rachelle*



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...*Heavy metal* from p.9

remove an average of 87% of lead, 91% of mercury and 74% of aluminium from the body within 42 days.

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- Promotes liver health.
- Can be used as an expectorant.

As a final note, just be sure your magnesium levels are high before starting any serious chelation program since this trace mineral helps to promote 'relaxed' arteries and can make elimination of toxins easier on the body.

Source: naturalsociety.com **Christina Sarich** has broken numerous health-related news stories, including the fraud and lies told by "Big Food" and Biotech.

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# Big Data's spying on our doctors

## Collected information helps sway doctors to prescribe certain drugs

People often ask me if, given my research on pharmaceuticals, I could tell them why every time they go to the doctor, they always end up with another prescription. It's impossible to answer that in a sound bite because many factors drive prescribing, including marketing, new research, patient demand, physician workloads and so on. The easy answer: it's complicated.

Let me boil this issue down to one important ingredient: espionage. That's right, spying. Both Canada and the US allow electronic spying on our doctors by companies that track, analyze and sell our physicians' prescribing data.

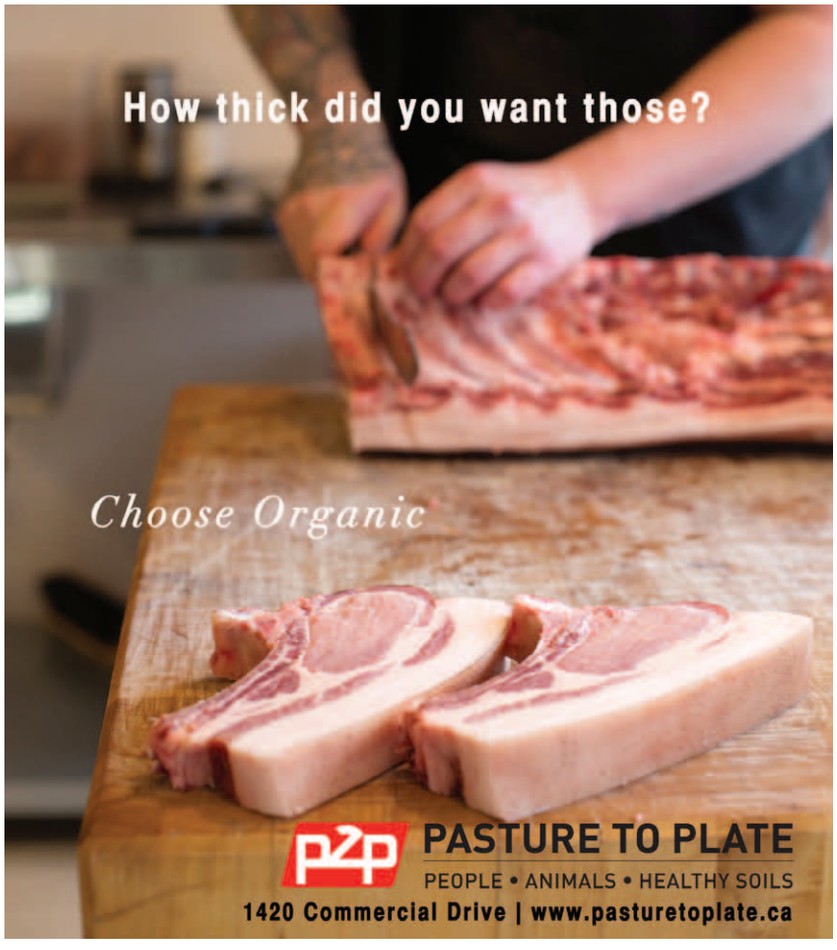
This, of course, compounds the problems of our drug-addled health care systems, where Canada and the US spend more money per person on pharmaceuticals than every other country in the world and upwards of two thirds of our physician visits end in a prescription drug.

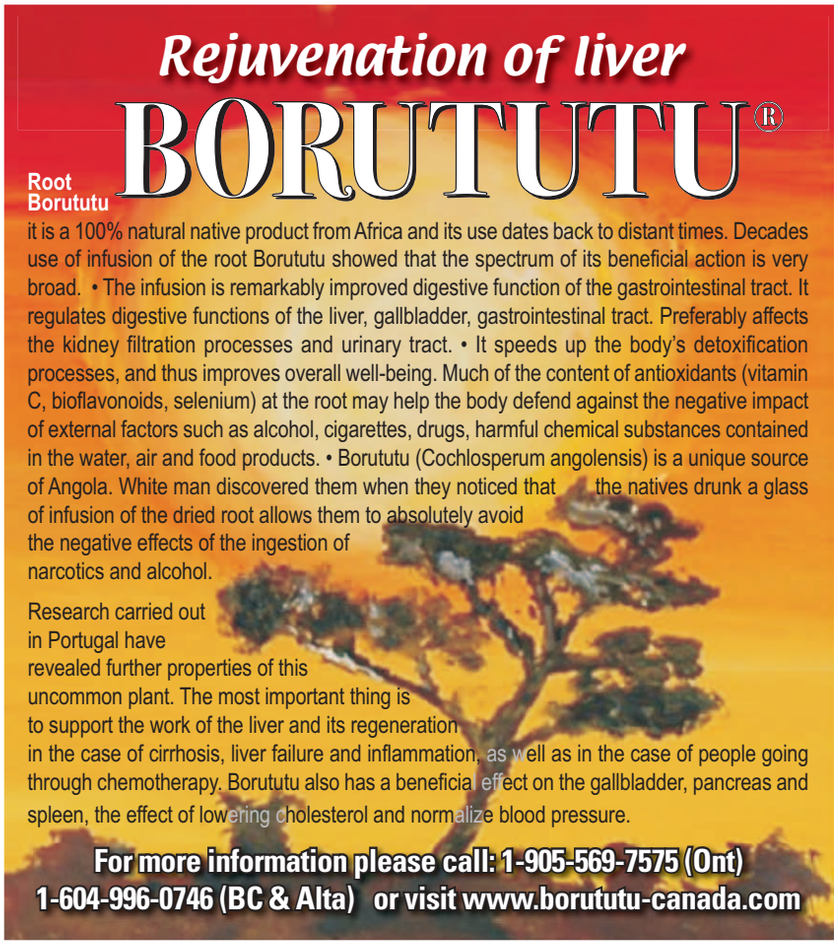
Those in positions of authority say this "intelligence gathering" regarding our doctors is a problem. Some US states have tried to outlaw it, without success. Everywhere in Canada, except BC, Manitoba and Quebec (where doctors can opt out), pharmacies collect complete data on our doctors' prescriptions and sell them to a data company like IMS Health, which then repackages them to sell to the drug industry. These doctor-specific prescribing profiles are like gold in the hands of pharmaceutical marketers, the medical equivalent of having our doctors' offices wiretapped, where every script they write tells the companies what kind of doctor you are, what marketing campaigns are (or are not) working on you and ultimately how much you are making for the company. Companies then become very efficient at finding what buttons they need to push to get the doctor to write scripts for their drugs.

It's a massive problem and the evidence supports me. We know that 60 to 70% of Canadian doctors regularly see drug reps and the evidence around doctor-drug industry interactions show that the more contact doctors have with the drug industry, the worse prescribers they are, across a range of objective measures. Their prescribing is more expensive, they are more likely to prescribe brand name drugs when cheaper generic drugs are available and they tend to prescribe newer drugs faster before their full safety profile can be known. Most of us would accept that our doctors rely on clean, clear information about pharmaceuticals to do their jobs properly and that pharma marketing inevitably taints it. Big Data pushes this into the stratosphere with insights that work to turn our physicians' thinking about new drugs into toxic sludge.

Consider this scenario: The drug salesman prepares to visit your doctor with a spreadsheet of prescribing data. He finds she tends to favour the antidepressant Cymbalta over others (even though it's more expensive and probably not more effective than good, old generic Prozac). The drug salesman, representing the maker of a newer antidepressant, Pristiq, knows a lot about this doctor. He knows exactly how much Prozac, Cymbalta, Zoloft, Effexor or Pristiq she writes. He knows he has to use those data to put the best spin on Pristiq while knocking Cymbalta down a few steps. "Oh doctor, did you see this new warning about the suicidal side effects of Cymbalta?" or "Pristiq is so exciting all the psychiatrists in town are using it." The drug rep might also have details covering the doctor's personal information and, of course, a record of every single prescription she has ever written.

An article from Bloomberg last month talked about a new US company, Zephyr Health: "Zephyr builds digital dossiers on individual doctors. It starts with basic information on prescription patterns from data clearinghouses such as IMS Health and Symphony *continued p.16...*

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# Why We Do What We Do

Perhaps we have been made numb trying to make sense of our world with its endless wars, senseless violence, ongoing, human-caused climate change, the dream-like stupor of shopping, celebrity obsession, insatiable money/power lust, the millions of traumatized refugees, greed, corruption and heartbreaking inequity.

But we still have a three-pound universe and resource between our ears with more connections than stars in the Milky Way. And we have innumerable books that provide insight, including bestsellers such as Yuval Noah Harari's *Sapiens: A Brief History of Mankind*, Jared Diamond's Pulitzer-Prize-winners and the many books on shelves in endangered spaces such as Banyen (one surviving oasis in a desert of disconnected, information dust storms, parched of wisdom).

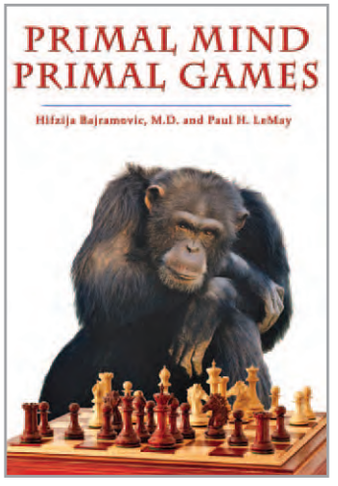
*Primal Mind Primal Games: Why We Do What We Do* is one such book. Exploring human behaviour and the human condition, it offers a practical guide and path forward for those who seek more sanity, coherence and fulfilment in life. Readers will undoubtedly identify with the chimpanzee pondering the chessboard on the book-cover.

The book is the result of a 10-year collaboration between co-authors Hifzija Bajramovic, an Ottawa-based psychiatrist with a career spanning 40 plus years, and Paul LeMay, a Vancouver-based science writer with front-line experience in national politics. *Primal Mind* uproots the hidden, unconscious programs – millions of years in the making – that run our minds and shape our thoughts, feelings, actions and reactions.

Bajramovic's work in victimization resulted in the identification of three primal, biologically determined mindsets: fighting, appeasing and defeated. You will recognize yourself and everyone you know in these universal default systems. I know I did. Fight, flight and freeze pretty much sum up our options.

Let the games begin. The *Primal Games*. By analyzing and providing examples of what these ancient mindsets engender, Bajramovic and LeMay provide tools to unravel and demystify much of human behaviour. "Integrating Self Function" is the all important, missing key, the lifelong reward for absorbing, understanding and utilizing the mindsets.

Author Gabor Maté notes the book's originality and "deeply thoughtful systematized expression of the human psyche and behavioural manifestation." He also points out it is "theory with a practical dimension." Pop references to films, lyrics and graphics help make *Primal Mind* accessible. So do the enthusiasm and optimism of the co-authors, who recommend you read it in stages. Sure, it's complicated – by design – just like the solutions. It's either that or victimization. It's in your hands.




**Bruce Mason** is a Vancouver and Gabriola-Island based banjo player, gardener, writer and author of **Our Clinic**.

**April 7:** Paul LeMay gives a public talk (by donation), 7-9pm, Fireside room, Centre for Peace, 1825 W. 16th Ave.@ Burrard, Vancouver. Info: www.PrimalMindPrimalGames.com (*Primal Mind* is available at Banyen Books.)

...***Water Day*** *from p.6*

mental rights: the right to clean water.

Today, more than 11.5 million people (one-third of the population) live in a community that has declaired the right to a healthy environment. And now we have a federal government promising that "Canada is back!" as an environmental leader.

On World Water Day, we'll call on the federal government to recognize our right to clean water. We'll also talk with our friends and families about protecting water through environmental rights legislation. Join us at: http://bluedot.ca/join-us Email: subscribers@davidsuzuki.org

**Sophika Kostyniuk** is the National Organizing Manager for the Blue Dot movement.

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Mac McLaughlin



# StarWise

March 2016

IN WESTERN tropical astrology, the single most important date in which we can gage the prevailing energy of the year is the spring equinox. This year, it takes place on March 19, at 9:31 PM. The position and condition of the planets at that time offer us a look at how the year will play out. Traditionally, January 1 is heralded as the beginning of the new year, but astrologically, it has always been the spring equinox. So Happy New Year to one and all.

Now, let's get down to the bones of this equinox chart and see what the stars decree.

The predominant feature is a square aspect between Jupiter and Saturn. (Ninety degree square aspects are known to cause tension and stress.) Both planets are not in their best signs by any means. Jupiter sits in Virgo. Imagine a very expansive, broad stroke of this brush-like planet situated in a sign of minute detail and great modesty. It's sort of like a blustery, swaggering, self-centred biker showing up at a symphony orchestra. The two just don't gel together at all. Twhen we have Saturn, known as a very conservative tightly wrapped planetary energy, in the free flowing, let it all hang out sign of Sagittarius. Again, the energies don't and won't gel easily. Jupiter's energy is expansive while Saturn is contractive.

Locally, we have an out of control housing market with no end in sight. Could greed be the villain? Take a look at the legal system with its "Club Fed" ideology, in which the criminals go into hysterics just thinking about it. Imagine we can rob, kill and plunder and end up in the pen for a few years where we can go horseback riding, fish and play golf. Yes, I'm being ludicrous, but the wheel is squeaking loudly and surely needs attention and repair. Symbolically, Saturn represents coal and when we compress coal for millions of years, it becomes a diamond, which is symbolized by Jupiter. In essence, the prevailing times indicate a tightening of the belt and a readjustment economically, all the way around. I just picked out a couple of scenarios involving housing and legal concerns, but this planetary energy can be applied to all situations that make up the fabric of our society. The remedy is finding the middle road, sprinkled with patience, tolerance and hopefully some ability to look down the road and play the long game. We will be here and so will our children and grandchildren so let's build a future for all of them.

**Mac McLaughlin** has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

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**ARIES** Mar 21 - Apr 19
The dominant planetary energy affecting your sign is revolutionary Uranus and he is onboard until March 2019. Ready or not, he brings what is new, of which we had no clue, and right out of the blue. In essence, changes come into our lives at a rapid pace. Become what you aspire towards and stay original.

**TAURUS** Apr 20 - May 21
Jupiter and Pluto cast fine energy into your sign, bringing on a time in which you can put your life together, just the way you want it to be. It's not all roses and lollipops by any means; there might even be a few tears shed along the way and some goodbyes as well.

**GEMINI** May 22 - Jun 20
Read the intro regarding Jupiter and Saturn for they are having a major effect on your sign. It's about finding the balance in all things. Cut back and throw away anything that is not worthy. Your house may seem empty for a while, but you will have your sanity, health and happiness intact.

**CANCER** Jun 21 - Jul 22
You are morphing into something new and while the process is unfolding, you may feel like you are dying. It's the old ego that is dying and sometimes that is painful, but necessary. The outcome, though, is joyous and beautiful. You have a special purpose in this life and soon you will connect with it.

**LEO** Jul 23 - Aug 22
Saturn and Uranus are casting their respective energies into your sign. Saturn, although sobering, helps us with the work of cleaning up our old karmic debts and scrubs us clean. Uranus pushes us into the future with brand new skills and all kinds of new adventures to seek out and discover. Onwards and upwards.

**VIRGO** Aug 23 - Sep 22
Virgo Rocky Marciano, who never lost a fight, had true grit and he just never gave up. That's my advice for you, as two powerful forces – namely Jupiter and Rahu – move through your sign. Both energies are plenty capable of making you into something quite fantastic, if you wish, and if you have true grit.

**LIBRA** Sep 23 - Oct 22
A lunar eclipse takes place in your sign on March 23, illuminating what it is that must be done in order to bring the scales to balance. As the Sun moves through your opposite sign, Aries, opportunities will arise in which you can make important changes to your lifestyle. Communication is key to the whole process.

**SCORPIO** Oct 23 - Nov 21
There's a strong focus on health matters and your health matters more than any other thing. Not just your body, but your spirit as well. It all has to work together and now the universe is offering up a time in which you can make some truly important changes, dietary-wise and lifestyle-wise.

**SAGITTARIUS** Nov 22 - Dec 21
Mars and Saturn are journeying through Sagittarius. Mars brings energy and Saturn holds it back. So life may be that way for a while. Move ahead, fall back and the dance continues. Read the intro regarding Jupiter's square with Saturn, as it is important for your sign. Find the balance in all things.

**CAPRICORN** Dec 22 - Jan 19
Karma runs the show. Now, one of the biggest karmic agents in the heavens is paying close attention: namely Pluto. The important thing is that Pluto can bring great riches, fame and power or it can lead one to total destruction. It is of utmost importance that you have your priorities right and straight.

**AQUARIUS** Jan 20 - Feb 19
Co-rulers Saturn and Uranus cast very good energy into your sign. Saturn helps to stabilize and harmonize all of life's concerns, while Uranus brings on the elements of innovation and creativity. You can just cruise along and enjoy the scenery or you can strive to truly make something of yourself. Make hay while the Sun shines.

**PISCES** **Feb 20 - Mar 20**
Venus and Neptune continue their visit to Pisces offering up love and creative energy. It's time to decide what is most important and worthy for yourself. Curb all excesses and eliminate that which is not worthy, productive or healthy. Legal concerns could materialize so be wise and stay on the straight and narrow path.

# Assertion or aggression?

*To know what you prefer, instead of humbly saying Amen to what the world tells you you ought to prefer, is to have kept your soul alive.* – Robert Louis Stevenson

Recently, a reader asked me how one finds a balance between being kind and nice and being assertive. It is an interesting question because it assumes one cannot be assertive and nice at the same time. Interesting too, as over the years I have worked with many people, especially women, who think that being assertive is harsh.

First, let's clarify a couple of things. There is a big difference between being assertive and being aggressive. Aggression often comes as a result of holding things in and not being assertive early on, which causes frustration, resentment or anger to build. When one finally decides to assert, it comes out as aggression.

It can take courage to align our words and actions with our inner truth.

Another difference is that assertion is saying something about oneself: "I am not comfortable with this." "I don't want to be spoken to that way." "I just can't do what you are asking right now." "I am not satisfied with the quality of this work."

Aggression is an attack on the other person. "You're so lazy." "You never help with anything." "You're useless." "You just don't get it. "Why can't you just get your act together!"

Those who are not comfortable with healthy assertion may feel that way because they have been pleasers. They go out of their way to accommodate others because that makes them feel liked and valued. Others may take advantage of this and become overly demanding or they may not reciprocate. Resentment may begin to build, but the pleaser is afraid to say "no" and won't set boundaries for fear others will be upset or think less of them. This puts them in a real quandary, which happens when we are not being true to ourselves – when our gut says "no" but our mouth says "yes." It can take courage to align our words and actions with our inner truth.

Being assertive is being kind to ourselves. It is also more honest because we are not pretending to be okay with something we don't really feel good about. I would rather someone tell me "no" than say "yes" and then resent me for it.

Sometimes, we have to assert ourselves in a stronger way: "I will not stay in a relationship where I am being lied to." "If we cannot resolve this ourselves, I will have no choice but to take legal action." The listener may well not like what we are saying. Strong assertion may create conflict. That does not make us a bad person. I remember from Sunday school the story about Jesus knocking over the tables of the moneychangers. Was that nice or kind? No. He made a point because he knew reasoning would not work.

This is about having the courage of our convictions. It is about valuing ourselves enough to not allow anyone to abuse or mistreat us. We also have to be careful to not project our feelings onto others. If someone declines your invitation to go to a movie, telling them they are a bad friend or they are selfish is not being assertive. Others must also be free to assert themselves with us.

The balance comes in honouring our time and energy and being sure to take care of ourselves.

It is not about being nice; it is about being real.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, "Deep Powerful Change" hypnosis CDs and "Creating Effective Relationships" series, visit www.gwen.ca and find Gwen on Facebook.

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# StingRays breach cell phone privacy

What the heck is a StingRay? And what does it have to do with your privacy? You may not be aware that a device named after an unusual sea creature poses a serious threat to your cell phone – but I assure you, it does. A growing concern in the privacy world, the surveillance device nicknamed "StingRay," technically known as an IMSI catcher (International Mobile Subscriber Identity), is an invasive technology that threatens to undermine the privacy of anyone with a cell phone.

A small device about the size of a briefcase, StingRays are used by some law enforcement agencies to simulate cell phone towers and trick nearby mobile phones into connecting to them and exposing sensitive personal information, including your phone's location and the recording of incoming and outgoing phone calls. That isn't bad enough? The StingRay can also intercept your text communications and even extract the encryption keys you use to protect your data.

Incredibly invasive? Yes. But the problem with StingRays doesn't stop there. They're not just invasive; they're also indiscriminate. StingRays use blanket surveillance on everyone in a given geographic location, without any clear targeting.

Are you caught up within the StingRay's radius? Then your information is being captured. It has nothing to do with any reasonable expectation of guilt – just your geography. Just as a cell phone tower connects with all nearby phones, so does the StingRay. They can be targeted into homes, offices or parks. Wrong place, wrong time? You're going to be included in the sweep.

This means you don't have to be the target of an investigation to be spied on. By definition, innocent citizens are inevitably caught up in the StingRay's dragnet. And perhaps worst of all, you won't even know you're a victim.

One of the challenges with StingRays is that there is little information about the full extent to which these devices are currently in use. But we do know they are being used. The NYPD recently revealed these devices have been used over 1,000 times since 2008. Canada's own RCMP, Ontario Provincial Police and the Vancouver Police Department have all refused to answer requests for information on the subject.

Worse yet, we don't know how this information is being used, how long it's stored and what protections are in place to ensure it is not misused. As we increasingly find ourselves under more and more surveillance, with our privacy under attack from what feels like all sides, is all lost? No. We don't yet know how common StingRay usage is in Canada and we still have a chance to stop this.

Transparency is the first step. We need to know if, when and where these technologies are in use, to be able to demand accountability of our law enforcement agencies. We need to understand the facts to ensure our right to privacy is being protected and that authorities are being held accountable for this type of surveillance.

That's why at OpenMedia, we're intervening alongside a number of other pro-privacy organizations at an upcoming case to be heard by the BC Privacy Commissioner. We're asking the Commissioner to rule that police must come clean about whether, and how often, they use these spying devices. The case will be heard later this month and you can check out our website at openmedia.org or follow us on Facebook for latest developments.

Laura Tribe is Digital Rights Specialist for OpenMedia, a community-based organization that safeguards the possibilities of the open Internet

...***Cassels*** *from p.12*

Health Solutions. Then its software, with some human assistance, scours the Web for more details." The article describes how Zephyr parses the speaker's lists of medical conferences and finds who is "well-regarded" by peers. It looks for those who sit on guideline writing committees or who might be ripe to become one of the company's KOLs (Key Opinion Leaders). Zephyr's approach ranks doctors on their perceived "influence and ability to drive sales" so when a new drug arrives that "needs the right kind of marketing and promotion," Zephyr is there to help the companies quickly target the right people.

In Canada, the data company IMS Health Canada sells a product called "Xponent," which deploys a "perfected geospatial methodology" to help "companies gain unequalled insights into prescription demographics and prescribing choices." How it works would be purely farcical if it wasn't so Orwellian: "IMS Xponent ranks and aggregates Rx volumes for each doctor, market and product combination [and] helps companies develop brand strategies based on unique customer attributes, identify and act on changes in behaviour and measure market share trends within key customer segments." Given our somewhat sacred relationship between patients and doctors, you would think we'd have built up solid safeguards around the sale of the doctors' prescribing information.

Murray Long, a retired privacy consultant in Perth, Ontario, attended a parliamentary committee hearing in 2006 when groups such as the Canadian Medical Association (lobbying to curtail such practices) and IMS (lobbying to maintain them) were examining Canada's data privacy laws. Against the private interests lobbying to maintain "their right to unfettered access to this data," the CMA maintained that national law should, at least, be brought in line with Quebec's act, which allows doctors to "opt out" if they didn't want their prescribing information to be sold to commercial entities. That failed. And many other factors have conspired to keep it that way. Murray Long thinks the issue in Canada is "as dead as a dodo, at least at the federal level" and even though it's clearly not in the public interest in his mind to allow drug companies to buy that information, "we're continuing to keep our heads in the sand."

**Both Canada and the US allow electronic spying on our doctors…**

The way this war will be won is at the provincial level. According to Murray Long, to start to counter this, a complaint would have to be made to the federal Privacy Commissioner, but you would have to "swim very hard upstream" to convince the Commissioner to reverse previous decisions that say prescribing data is not a doctor's personal information. He told me, "The best venues to see some controls on IMS access to this data are likely within the provinces."

In BC, we can thank the NDP government in the early 1990's for specifically disallowing "information related to a practitioner" to be used "for the purpose of market research." This may have kept the gate closed for the meantime, but there are still many who would like to see BC's "doctor-level" prescribing information collected and sold to the drug companies. On March 11, the Data Effect Conference in Vancouver will discuss, among other things, ways to leverage BC's rich store of healthcare data into "multi-billion dollar public and private investments in health care." Will the conference attendees be figuring out how to appease Big Data by engineering what they want: direct access to our physicians' prescribing records?

Meanwhile, groups like IMS Health Canada and Zephyr Health are tracking and spying on our doctors and constructing even more insidious ways to market their wares. Again, why are we such incredibly heavy users of pharmaceuticals in Canada and the US? It's complicated, but could it be at least partly due to the fact we've allowed the spies to insert themselves into the practice of medicine?

Where are the rebel doctors when we need them? Who will stand up to this lunacy and stop what is obviously a harmful, deceitful and deadly method of gathering intelligence on our doctors and using it against us? Will the Canadian Medical Association ever go to war against the spies? I'm putting this out there. Maybe we need a campaign and I've got a handy slogan: "Stop Spying on our Doctors."

Alan Cassels is a pharmaceutical policy researcher in Victoria and author of the just-published **The Cochrane Collaboration: Medicine's Best Kept Secret.** Follow him on Twitter at @akecassels

# Time to protect the Great Bear grizzlies

The agreement between government, industry, First Nations and environmental groups to protect much of the Great Bear Rainforest should be celebrated. The deal makes almost 85 percent of the forested land base in this massive region on BC's coast off limits to logging. Forestry in the remaining 15 percent will follow "lighter-touch" practices, called "ecosystem-based management." Most importantly, First Nations will have greater decision-making authority over industrial development on their lands.

First Nations-owned and operated bear viewing operations are booming in the Great Bear Rainforest.

However, while the agreement helps protect grizzly bear and other wildlife habitat, it doesn't protect the bears themselves, contrary to BC Premier Christy Clark's claims at a news conference. Hunting grizzly and black bears in the Great Bear remains legal.

The agreement actually contains no reference to grizzly hunting. To slow the hunt, First Nations and others must pony up millions of dollars to buy out existing guide outfitting territories open to foreign big-game hunters. Trophy hunting by BC residents – governed under a different process – will proceed regardless of whether First Nations and their allies purchase and retire foreign hunting quotas.

Had the government been serious about ending the barbaric hunt, it could have banned it outright under the province's Wildlife Act or simply ended the open season on grizzlies in the Great Bear, as was done by earlier governments to protect the area's Kermode "spirit bears." Only bears with white fur are protected even though bears with black coats can carry the spirit bear gene. Despite the spin, the BC government has never recognized the Coastal First Nations ban on trophy hunting in the Great Bear Rainforest.

First Nations-owned and operated bear viewing operations are booming in the Great Bear Rainforest, creating jobs and revenue. The trophy hunt threatens these sustainable businesses. The grizzly bear trophy hunt is a sport, like dogfighting, cockfighting and bullfighting are sports, – maybe worse. Bears that people come to see and photograph can be legally shot by trophy hunters, armed with high-powered rifles and scopes. That the BC government allows it to continue in the face of opposition from First Nations and a huge majority of British Columbians for the sake of profit is disgusting. Shooting an animal – often on its way to feed and thus an easy target – just to hang its head on the wall or put its skin on the floor is not hunting. It's killing for pleasure.

Government justifies allowing this practice by arguing the hunt is well-managed and that grizzlies are plentiful, with only a small number killed each year by hunters. Even if that were true – which it's not – it's a poor excuse for an inhumane practice.

Studies confirm earlier research by the David Suzuki Foundation showing the hunt is not sustainable. A peer-reviewed report by Simon Fraser University, University of Victoria and Raincoast Conservation Foundation scientists in the journal *PLOS ONE* analyzed the provincial government's own data and concluded too many grizzlies are being killed in BC.

It's time to stop killing bears for trophies.

Excerpted from the original article. David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Ontario and Northern Canada Director Faisal Moola. Learn more at www.davidsuzuki.org

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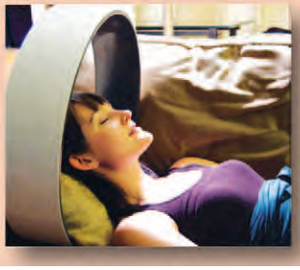
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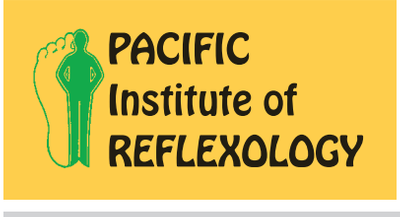


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...*Rejuvenate* *from p.9*

detox mode and releases trapped toxins and mucus. Avoid anything out of a package, box or tin or which contains chemicals.

Eat whole vegetables, leafy greens. Avoid dairy – no dairy for 5 days. If you can, cut it out entirely. Almond, hemp or coconut milk can be substituted.

Naturally detoxifying vegetables – cauliflower, broccoli and leafy greens – help eliminate toxins and normalize hormones. Do not eat frozen, canned or dehydrated vegetables and fruits. Aim for fresh and living produce of every colour. Avoid any foods your system might be

**Detoxification does not mean fasting. Most people do not have the proper blood sugar control to fast and end up feeling dizzy, hungry...**

sensitive to or which cause stiff joints. Some people are sensitive to nightshades such as tomatoes, eggplants, peppers, potatoes, yams and sweet potatoes.

Eat low glycemic grasses, grains and seeds, brown basmati rice, black or mahogany rice and/or quinoa (a seed which cooks like a grain). Some gluten free grains are fine, but be mindful that grains raise insulin levels as they have a high glycemic index. Instead of wheat, try almond or coconut flour. Do not eat gluten grains and wheat.

Stevia as a sweetener (or do without – fresh, natural food is sweet enough). Sugar – even natural sugars should be removed from the diet as they also spike insulin and blood sugar; levels get converted in the liver into glucagon and triglycerides, which can make you fat and create inflammation in the body.

Bean/legumes and lentils (avoid soy beans) provide fibre to help regulate blood sugar, as well as help move toxins out. If you have sensitivities to legumes, avoid. Soy, even non-GMO, tends to be contaminated. If eating soy, make sure it is fermented soy (i.e., Tempeh, miso).

Green and white tea (unroasted green tea) with lemon slices can help bridge you over the hump of coffee withdrawal headaches. They will also help to detoxify you. Otherwise, herbal teas without caffeine, such as dandelion root tea or AlkaTea, which contains 49 alkalinizing wild-crafted herbs, are great choices. Avoid coffee, soda and alcohol. Coffee is acidic, a diuretic and can make you feel less calm during a cleanse. Soda contains carbon dioxide as well as ingredients like high-fructose corn syrup, which creates enormous stress on your liver and body tissues.

Eat wild fish, organic chicken and turkey. Avoid corn (corn is a processed grain made from maize and usually this is genetically modified).

Eat good saturated fats – avocado and coconut and their oils and butters. Avoid commercially raised red meat and farmed fish for 5 days. During a cleanse, the goal is to put less stress on your liver and kidneys. If eating protein, make sure it is grass-fed, hormone-free lean protein such as egg whites, chicken, turkey or sustainably caught cold-water fish. Proteins secrete the hormone glucagon, which helps in fat loss.

Eat nut and seed butters, extra-virgin olive oil. Avoid peanuts. They are a legume, grown under-ground and can harbour mold. They are also acidic.

Eat whole fruits and berries. Avoid fruits that are highly sprayed with pesticides or prematurely ripened – eat organic. Otherwise, take caution around strawberries, oranges, grapes and bananas.

Supplement your diet with a high quality multi-vitamin, fish oil supplement and a wide-spectrum probiotic. Acidophilus is friendly bacteria that helps to maintain a healthy digestive micro-flora, but it is only one of the many beneficial strains available to you. Each probiotic bacteria has a specific job. Some turn on minerals such as zinc, some activate vitamin D, others turn on serotonin receptors or protect you from pathogenic bacteria. Others work with fatty acids in your intestines. Make sure you don't limit yourself to one strain.

Source: www.instituteofholisticnutrition.com Excerpted from the original article. **Helen Papaconstantinos** is a Certified Nutritional Practitioner and a First Class Honours graduate of the Institute of Holistic Nutrition. She is currently completing additional training as a Certified Cancer Coach. www.insightfulnutrition.ca

# ISIS is Saudi Arabia

**Saudi Arabia Beheaded Twice as Many People as ISIS in 2015**

Since mass media news is now entertainment, let's use entertainment to tell the news and connect the dots. Yes, folks that's the Saudi king and two US presidents. And golly shucks that is George Bush and the Saudi king laughing with swords over their shoulders, like the one on Saudi Arabia's flag, and used for chopping off more heads than you can shake a stick at. "What constitutes a crime, the proof required to prove it, and the sentence it carries are entirely up to a judge to decide," according to Human Rights Watch.

*donations from the Gulf states*

**US + SA = ISIS**

It is about greed, power, military sales and oil. John Kerry carrying out the Whitehouse plans. These could include, but are not limited to, rather unfortunate options any oil rich country that strays too far.

The Empire really does strike back – with tried and true Regime Change, or the more modern Failed State option supported by lots of sanctions, boycotts, no fly zones, bombing and invasions – after which oil assets are managed by America.

Remember terrorist are people who don't own an air force. Saudi Arabia is where Harper's government contracted to sell billions of armored vehicles to further oppress people. Unfortunately the Liberals continue to deal arms to these executioners. We did not elect Trudeau to continue these contracts with states that don't honour human rights. We 'voted for REAL CHANGE and Justin must honour that.

**RESTAURANTS**

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**College:**
200 – 1215 W. Broadway

**Clinic:**
201 – 1508 W. Broadway
Vancouver, BC.


# Events

## World Water Day Mar 22


For rates & placements email
**datebook@commonground.ca**


**MAR 3**
**People's Climate Assembly**: 4:30PM, Vancouver Convention Centre, West Building Plaza, 1038 Canada Place. Mobilize outside First Minsters meeting on National Climate Strategy. Bring your signs: "My Climate Plan includes..." info@peoplesclimateconvergence.org

**MAR 8**
**Trust Your Intuition:** 7:30-9PM, $21/door. Energy, life purpose, thought/feeling balance, angels, levels of consciousness, 4 psychic gifts of perception, 7-year life cycles, www.innerpeacemovement.ca Ramada Langley/ Surrey, 9225 Highway 10 (56th Avenue) Surrey.

**MAR 11-13**
**Indian Head Massage** Weekend Workshop with Susan Allen. Course fee: $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

**MAR 11-13**
**The CUFFED International Crime Writers Festival** – Murder, Mayhem, and Mystery on Granville Island with William Deverell, Ian Hamilton, Gail Bowen and 18 Other Writers On Trial. At Performance Works. Tix: www.cuffedfestival.com

**MAR 12**
**Krishnamurti Vancouver Group** @ Vancouver Public Library, Board Breakout Room, 350 W. Georgia St. 1-5PM. FREE video showing & dialogue! www.meetup.com/Krishnamurti-Vancouver-Group

**MAR 18-20**
**Introduction to Hand Reflexology** commences Certificate Weekend Training Course. Friday Introduction 7:30PM, $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

**MAR 20**
**Meditation for Spiritual Awareness:** FREE intro workshop by Science of Spirituality on the Theory & Practice of Jyoti Meditation– Meditation on the Inner Light. 2PM, Meditation & Ecology Centre, 11011 Shell Rd., Richmond. For info and to register, call Linda: 604-985-5840. Drop-ins welcome.

**March 24**
**Easter Full Moon Transmission Meditation** – FREE Introduction/experience powerful group Meditation. 7PM, Roundhouse Community Centre, 181 Roundhouse Mews (Yaletown), www.transmissionmeditation.org

**MAR 25-27**
**"Setting Your Heart Free"** a retreat with Burt Harding (www.burtharding.com). At Krishnamurti Educational Centre of Canada. Register at www.krishnamurti-canada.ca, programs@krishnamurti-canada.ca, 250-744-3354.

**APR 1-3**
**Introduction to Foot Reflexology** commences Certificate Weekend Training Course. Introduction 7:30PM, $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

**APR 6**
"What Am I Here For? – Living a Life That Matters" With Catherine O'Kane, 7:30PM sharp. Unity of Vancouver, 5840 Oak @41st. www.clearmind.com

**APR 7**
**Learn to break free of your unconscious Tribal Ape Mind's** limits. 7-9PM, Fireside room, Centre for Peace, 1825 West 16th Ave.@ Burrard, Vancouver. Donation. Info: www.PrimalMindPrimalGames.com

**APR 7, 14 & 21**
Call of Soul Book Discussion at Bonsor Recreation Complex, Boardroom, 6550 Bonsor, Burnaby. 7:30-9PM. All welcome, FREE. www.eckankar-bc.ca

**APR 15-17**
**The Body Soul & Spirit Expo:** Three days of inspiring exhibits, lectures, workshops, & more. Featuring Lynn Andrews, Barbara Hand Clow & Gail Thackray. PNE Forum (Hastings & Renfrew). Tickets www.bodysoulspiritexpo.com or call 1-877-560-6830.

**APR 23-24**
**Become a Certified Life Coach or Executive Coach:** This 2-day intensive will teach you everything you need to know to succeed. Only Certified Coaches Federation graduates earn the esteemed Certified Life Coach Practitioner designations. In Vancouver. 866-455-2155 or 403-389-1190. www.certifiedcoachesfederation.com

**MAY 1**
**Walk for Alzheimer's**: Event location: Creekside Community Recreation Centre, 1 Athletes Way (in Olympic Village near Science World). Registration: 12PM. Event 1-3PM. 5K walk, indoor/outdoor. Register at walkforalzheimers.ca or call 604-681-6530.

**MAY 1**
**Optimizing Kids**: Managing Behavioural Challenges Through Nutrition, Diet and Lifestyle, 2-3:30PM. Fairmont Hotel, 900 W. Georgia St. For more information, visit http://bit.ly/1T4l6uJ

**MAY 14**
**FREE Open House - Institute of Holistic Nutrition** (Vancouver): Course/Career opportunities, exhibits, lectures & more. 10AM-3:30PM, 604 West Broadway, Ste. 300. 604-558-4000. Lecture descriptions at www.instituteofholisticnutrition.com

**MAY 14-15**
**Lumalight Colour & Geometry Course:** Professional chromotherapy for holistic spiritual practices. Learn how to use Lumalight by Spectrahue™ tools. Nationally Accredited (CE's). Info/registration: 416-340-0882 www.spectrahue.com

### THURSDAYS

**FREE Info Sessions** at the International College of Traditional Chinese Medicine, MAR 10, 17, 24 & 31, 2-4PM, 201-1508 W. Broadway, 604-731-2926. www.tcmcollege.com

**FREE class, Parkinson's Support Group:** 2nd & 4th Thursday each month, 1-2 PM: St. Mary's Anglican Church, 2490 W. 37th Ave. More info: Christina, www.mindfulmovementtherapy.ca, 604-649-8522.

### ONGOING

**Break down social bias, timidity, loneliness, alienation** at our nude-friendly events. Bring all friends, family. In BC: 5 indoor pool parties/ month, many other events. Also, FREE Shy Therapy. www.korky.ca ('Nude events').

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DISCOVER WHAT THE REMEDIES CAN DO for you and your pet. Sarah Brune, 250-331-3228, info@bachflowerscanada.com, www.BachFlowersCanada.com

### KITSILANO COMMUNITY ACUPUNCTURE

SLIDING SCALE $20-$40. You pay what you can afford. 2948 W. Broadway, Vancouver. 604-428-1260, www.kitscommunityacupuncture.ca

### RETREATS

SWANWICK CENTRE, Victoria – An oasis for contemplation, healing and awakening: personal retreats and group rentals. www.swanwickcentre.ca / 250-744-3354.

WISTERIA ACRES WELLNESS & RETREATS, Fort Langley – Group facility rentals. Overnight accommodation available. 604-807-2255, www.wisteriaacres.com


**Science of Spirituality ~ FREE Introductory Workshop**

Meditation for Spiritual Awareness
Theory and Practice of JYOTI MEDITATION
Meditation on the Inner Light
Sunday ~ MARCH 20 ~ 2 PM

Meditation & Ecology Centre
11011 Shell Rd., Richmond, BC

To REGISTER call Linda: 604-985-5840
www.sos.org


### ROOMS FOR RENT

BEAUTIFUL SEMINAR/MEETING ROOM in natural healing centre near Broadway/Cambie intersection for rent evenings, weekends and weekdays. Very reasonable rent. Pacific Institute of Reflexology. www.pacificreflexology.com (604) 875-8818.

### SEXUAL SHAMANIC AWAKENINGS

CONTEMPORARY AND ANCIENT HEALING to increase women's and men's pelvic health and sexual vitality. Sexualshamanicawakenings.com Dawn 604-838-8072.

### SHAMANIC HEALING

SHAMANIC HEALING AND COACHING: Relationships, work, emotional balance, finding meaning and purpose, rediscovering joy. One-on-one/groups – Drum journeys, Book of Life readings, chakra balancing, karma releasing. See testimonials on website. sonyaweir@uniserve.com 778-227-2939. www.eaglefireshamaniccoaching.com


BANYEN books & sound

NATALIE GOLDBERG
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Monday, March 14, 7pm
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Central Branch, Alice MacKay Rm.
banyen.com 604-737-8858



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**nicolette@communityfarmstore.ca**

www.communityfarmstore.ca



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**joseph@commonground.ca**



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5840 Oak St at 41st

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